

# Featured Vegetable

## LETTUCE

A source of vitamin A, which is good for healthy eyes and skin. Also a source of potassium, fiber, and vitamin C.



## EASY AS 1 - 2 - 3 SMOOTHIE

Ingredients	Directions
<ul style="list-style-type: none"><li>● 1 cup fresh greens</li><li>● 2 cups cold water</li><li>● 3 cups fruit</li></ul> <hr/> <p><b>Servings</b> 3 - 16 oz. servings (about the size of 3 plastic water bottles altogether).</p>	<p><b>Prep</b></p> <ul style="list-style-type: none"><li>● Wash hands, wash everything!</li><li>● Rinse greens in cold water and dry.</li><li>● Prepare fruit: Wash, peel, and remove any stem, core, or seeds as needed.</li></ul> <p><b>Steps</b></p> <ol style="list-style-type: none"><li>1. Add greens, water, and fruit to a blender in that order. If greens are put in last it will be difficult to blend!</li><li>2. Blend until smooth, stopping to stir ingredients or scrape sides of blender as needed.</li><li>3. Pour and enjoy!</li></ol>

Credit: Erin Jackson, Gallatin Valley Farm to School. Montana Harvest of the Month.